

## Eat Nat Mixed Nut Bar Peanut & Almond with Walnuts and Hazelnuts - Information

All Eat Natural bars are made with love and care from simple ingredients, in small batches at our own Makery. We never use artificial flavours, colours or preservatives.

**TFS Product Code:** 021475  
**Suppliers Product Code:** None  
**Information Last Updated:** 19/05/2019  
**Date Produced:** 19/03/2026



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Nuts



Milk



Sulphur Dioxide



Soya



Peanuts

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	545.00
Energy (kJ)	2267.00
Protein (g)	20.20
Carb (g)	33.10
Of Which Sugars (g)	13.50
Fat (g)	35.40
Of Which Saturates (g)	4.10
Fibre (g)	6.30
Salt (g)	0.01

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

PEANUTS 50%, Glucose Syrup, ALMONDS 12%, Crisped Rice (Rice, Sugar), Honey, WALNUTS 4%, HAZELNUTS 2%, Please note: For a limited time only, this recipe contains no Brazil Nuts

## Handling Information

### Directions for Use

No usage information

### Storage Instructions

Store in a cool dry place. For best before date, see back of pack.

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